

# Diagnostic modalities and outcome measures in upper gastrointestinal disorders

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## Diagnostic modalities and outcome measures in upper gastrointestinal disorders

1. The 'Leuven Postprandial Distress Scale' and the 'Functional Dyspepsia Symptom Diary' are the most promising patient-reported outcome measures (PROMs) for symptom assessment in functional dyspepsia, although they (currently) do not fulfill all criteria for adequate psychometric validation (*this thesis*)
2. The novel PROM for functional dyspepsia based on the Experience Sampling Method (ESM) has the potential to assess dyspeptic symptoms and optimize personalized treatment strategies without several limitations of currently available retrospective PROMs (*this thesis, valorization*)
3. Esophagogastric junction distensibility, assessed with the EndoFLIP technique, is not able to predict clinical treatment outcome in newly diagnosed achalasia patients treated with pneumatic balloon dilation (*this thesis*)
4. The added value of the EndoFLIP technique in the preoperative work-up and selection of patients with gastroesophageal reflux disease for the minimally invasive endoluminal Transoral Incisionless Fundoplication is limited (*this thesis*)
5. Treatment of gastroparesis patients with intrapyloric botulinum toxin injection is not recommended due to the limited (long-term) efficacy (*this thesis*)
6. Pyloric compliance, assessed with the EndoFLIP technique, may be a new relevant metric for selection of gastroparesis patients for pyloric interventions (*Gourcerol et al. AP&T 2015*)
7. Peroral endoscopic myotomy of the lower esophageal sphincter (POEM) and the pylorus (G-POEM) are novel and promising minimally-invasive treatment modalities for patients with achalasia and refractory gastroparesis respectively, although long-term follow-up is necessary to evaluate potential adverse effects (*Jacques et al. Endoscopy 2019*)
8. Blended care, based on the mix of face-to-face and ESM-based outside-the-office evaluation and treatment, has the potential to improve clinical outcome and reduce health care costs. Consequently, the Experience Sampling Method is of low cost and high impact for both patients and society (*Van Os et al. Depress Anxiety 2017*)
9. Wat goed is, is goed
10. Een portret is meer dan een kopie van de tastbare werkelijkheid (*Koppig Limburg*)